



Senior Center of York Announces October Events

Yorktown, Sept. 19--The Senior Center of York has scheduled a variety of educational and entertaining programs for October. Participation is open to seniors age 55 or better and their spouses, regardless of age. The Center is located in the Washington Square Shopping Center at 5314 George Washington Memorial Highway (Rt. 17), and is open Monday through Friday from 9 a.m. to 4:30 p.m. The Center is closed all County Holidays. Reservations are required for all sessions, and are on a first-come, first-serve basis. To register, stop by the Center or call 898-3807. For more information, visit www.yorkcounty.gov/comser/srcenter.

Breakfast/Book Discussion, Oct. 5 – In honor of Book Month, come join us for a Pancake Breakfast and an engaging book discussion with Kari Meyers of the Tabb Library on Thursday, Oct. 5, at 9:30 a.m. Call to register by Tuesday, Oct. 3.

Chili Cook Off & Tasting, Oct. 11 – Calling all chili gourmets: Let us taste your chili on Wednesday, Oct. 11, at noon. Bring your chili and your recipes from 11 to 11:30 a.m. on Oct. 11. Your chili could be voted the best! Call by Oct. 9 to register and let us know what kind of chili you plan to make.

Senior Safety Summit, Oct. 18 – The Peninsula S.A.L.T. Council (Seniors and Law Enforcement Together) will conduct its annual **Senior Citizen's Safety Summit** at the Immaculate Conception Church on Wednesday, Oct. 18. The Summit focuses on providing information to senior citizens to inform them on how to avoid becoming victims of fraud and abuse due to bogus telemarketing schemes and scams. The day begins with a continental breakfast at 8 a.m. followed by the opening session at 9 a.m. The registration fee, which includes lunch, is \$5 and must be paid no later than Oct. 4. Persons interested in transportation from the Senior Center should call 890-3883. Immaculate Conception Church is located at 2150 Cunningham Drive, Hampton. For information on registration and payment call 595-9037.

AARP Driver Safety Program, Oct. 23-24 – This program is designed for drivers age 50 or over, and will take place on Monday, Oct. 23, from 12:45 – 4:45 p.m. and Tuesday, Oct. 24, from 12:30 – 4:30 p.m. Drivers age 55 or over must attend both classes to receive the state mandated three-year automobile insurance reduction. Many

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October 2006 Events at the Senior Center of York

insurance companies also are giving an insurance reduction to drivers age 50 and over with the same attendance requirements. Those less than age 55 should check with their insurance company to see if they are entitled to the three-year insurance reduction. The cost of the program is \$10 and must be paid by check (made out to AARP) at the Senior Center.

Payment is requested at the time of registration. Registration may be made in person at the Senior Center or by mail accompanied by the registration fee. There is no “behind the wheel” driving performed in this program. AARP membership is not required for registration. Class enrollment is limited to 25.

Health Day: “Energizing With Food” – Wednesday, Oct. 25, at 12:45 p.m.
Dietitian Val Huckstep, with Sentara Health Systems, will discuss nutritional strategies to increase your energy and improve your mood. If you have specific nutritional or dietetic questions that you would like information on, submit them to the front desk at the Senior Center anytime before the day of the program. Register by Oct. 23.

Halloween Birthday Bash, Oct. 27 – Put on your detective hats and see if you can guess “whodunit” in our October Murder Mystery Birthday Bash on Friday, Oct. 27, from 1 to 3 p.m. Come in costume or as yourself.

Computer Classes and General Computer Use – The computers are available for general use Monday through Friday, from 9:30 a.m. to 3:30 p.m. unless the lab is reserved for programmed activities. To use the computers you must sign in at the front desk of the Center.

Registration for Late Fall Computer Classes – Registration begins on Oct. 2 for computer classes that will be held late this fall. Each class meets once a week for six weeks and is limited to nine participants. Contact the Center for more information or to register (starting Oct. 2) for any of the following classes:

Beginner Computer Lessons at the Center:

Session 1- Tuesdays, Oct. 31 through Dec. 5 from 1 to 3 p.m.

Session 2- Thursdays, Nov. 2 through Dec. 14 from 1 to 2:30 p.m.

Note: Beginner Lessons should be completed before attending Microsoft Word or the Internet/E-mail Class.

Intermediate Computer Lessons (Microsoft Word) at the Center:

Tuesdays, Oct. 31 through Dec. 5 from 9:30 to 11:30 a.m.

Internet /E-mail Classes at Grafton Middle School:

Thursdays, Nov. 2 through Dec. 14 from 3 to 4:30 p.m.

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October 2006 Events at the Senior Center of York

Blood Pressure Checks – The York County Fire Department's Grafton Station will provide blood pressure checks at the Senior Center on **Wednesdays from 12:30 to 1:30 p.m.** It is recommended that you call ahead to let the staff know you plan to visit the Center for this service. Note: Free blood pressure checks are also available at any York County Fire Station.

Craft Activities: For more details, call the Center at 898-3807.

- * **Crafts Unlimited** – Mondays, 9:30 to 11:30 a.m.
- * **Knitting and Crochet Class** – Mondays, 1 to 3 p.m.
- * **Art Class** – Art Class will meet Tuesdays from 10 a.m. to 1 p.m. with Instructor Myrna Graham. This class is for anyone, beginner or advanced. Come explore your interests and techniques.
- * **Quilters** meet on Thursdays from 1 to 3 p.m.
- * **Scrapbooking Class, Monday, Oct. 9** -- This class will be held from 9 a.m.-noon. Becky Wallace of Creative Memories will be available to assist in the organization and layout of your book. Bring your photos and materials.
- * **Design A Sweatshirt, Monday, Oct. 16** -- This program will be held from 9:30 a.m. to noon, and consists of decorating and designing your own new sweatshirt. Bring a new sweatshirt for this activity, and we will provide the trimmings such as glues and glitters.

NOTE: The Senior Center of York will be CLOSED on Thursday, Oct. 19, for Yorktown Day.

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